



WHATSheATE



Green Beans and Hot Sauce



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



237 kcal

SIDE DISH

Ingredients

- ☐ 6 slices bacon
- ☐ 2 banana peppers diced yellow hot
- ☐ 14.5 ounce canned tomatoes diced with juice canned
- ☐ 2 pounds green beans fresh washed and trimmed
- ☐ 1 bell pepper green chopped
- ☐ 2 onions chopped
- ☐ 0.5 cup water

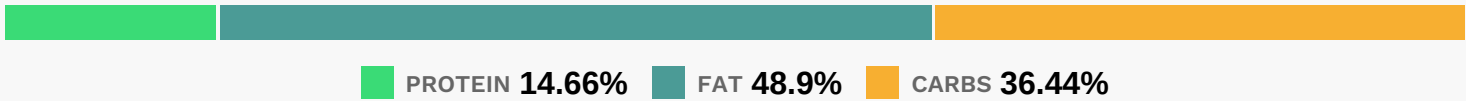
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ pot

Directions

- ☐ Place green beans, onions, tomatoes, banana peppers, bell pepper, and water in a large pot. Bring to a boil over high heat, then reduce heat to low. Cover pot and simmer approximately 10 minutes, until green beans are tender.
- ☐ While green beans are steaming, arrange bacon slices in a medium skillet. Fry over medium heat until crispy, approximately 10 minutes.
- ☐ Drain on paper towels. Crumble and set aside.
- ☐ Spoon green bean mixture and juice into a serving dish.
- ☐ Sprinkle crumbled bacon over top and serve immediately.

Nutrition Facts



Properties

Glycemic Index:20.75, Glycemic Load:5.68, Inflammation Score:-9, Nutrition Score:21.603043633959%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.71mg, Luteolin: 1.71mg, Luteolin: 1.71mg, Luteolin: 1.71mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 18.01mg, Quercetin: 18.01mg, Quercetin: 18.01mg, Quercetin: 18.01mg

Nutrients (% of daily need)

Calories: 237.22kcal (11.86%), Fat: 13.72g (21.11%), Saturated Fat: 4.54g (28.4%), Carbohydrates: 23.01g (7.67%), Net Carbohydrates: 15.28g (5.56%), Sugar: 10.54g (11.71%), Cholesterol: 21.78mg (7.26%), Sodium: 237.29mg (10.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.26g (18.52%), Vitamin K: 100.42µg (95.64%), Vitamin C: 59.79mg (72.48%), Vitamin A: 1705.28IU (34.11%), Fiber: 7.73g (30.94%), Manganese: 0.61mg (30.29%), Vitamin B6: 0.56mg (27.9%), Folate: 89.72µg (22.43%), Vitamin B1: 0.32mg (21.56%), Potassium: 689.04mg (19.69%), Magnesium: 70.28mg (17.57%), Vitamin B2: 0.29mg (16.97%), Vitamin B3: 3.26mg (16.3%), Phosphorus: 157.2mg (15.72%), Iron: 2.71mg (15.06%), Selenium: 8.28µg (11.83%), Copper: 0.22mg (11.04%), Calcium: 102.78mg (10.28%),

Vitamin E: 1.23mg (8.18%), Vitamin B5: 0.8mg (8.04%), Zinc: 1.08mg (7.21%), Vitamin B12: 0.17µg (2.75%)